

# Eagle View Adult Center

## July & August 2015



Class & Event Registration begins Tues. June 30  
Trip Registration begins Wed. July 1  
See pages 2 & 15 for details!

Center will be Closed  
July 3 and  
Aug. 3 - 7

1150 Prairie Center Parkway, Brighton, CO 80601  
303-655-2075  
[www.brightonco.gov](http://www.brightonco.gov)

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**Hours:** Monday - Friday 8:00 a.m. - 4:00 p.m.

**Phone:** 303-655-2075

**Location:** 1150 Prairie Center Parkway  
Brighton, CO 80601

### **Eagle View Center Staff**

Sue Corbett - Director

Donna Singer - Program Coordinator

Ermie Marquez - Information & Referral

Gayle Martinez - Administrative Assistant

Becky Eiche - Front Desk Receptionist

Christina Harris - Trip Coordinator

Eleanor Maestas - VOA Meal Site Coordinator

Lucy Castro - Custodial Staff

Sue Wingen - VNA Nurse

### **On The Cover**

Outstanding Volunteers - 2015 Red Sweater  
Winners are Jo Murray, Bill Alsdorf and  
Rosemary Hines. We celebrated with all the  
Eagle View volunteers in April.

### **VOA Lunch**

A hot, nutritious lunch is provided by  
Volunteers of America, **Monday - Thursday**.  
Lunch is served at 11:30 a.m. Reserve your  
meal **2 working days in advance** by calling  
303-655-2271 (Mon - Thurs, 10 a.m. - 1 p.m.)

Daily meal donations are appreciated.

\$2.50 Donation per meal if age 60+

\$7.25 Mandatory charge if under 60

## **REGISTRATION PROCEDURE**

### **CLASSES & HAPPENINGS REGISTRATION begins on Tuesday, June 30 at 8:00 a.m.**

- Registration is on a first-come, first-serve basis. You can register for yourself and one other person. Cash or checks only, no credit cards accepted. No trip registration.

### **TRIP REGISTRATION starts Wed. July 1 and is held as a LOTTERY.**

- Doors open at 8:00 a.m. to fill out your registration form. **Breakfast refreshments provided by Humana.**
- To be in the first round of trip registration, be in the dining room between **8:15 - 8:30 a.m.** to pick a number. Numbers are randomly drawn, so there is no advantage to drawing first.
- **Registration begins at 8:30 a.m.** for people with lottery numbers. During this time, you can **register for yourself and only one other person**. You may also register for classes and happenings at this time. No credit cards.
- When lottery registration is over (approximately 10:30 a.m.), we will re-open registration on a first-come, first-served basis.
- **After July 1**, register for all activities and trips at the front desk during business hours.
- Registration is taken until the deadline date listed for each activity OR until all spaces have been filled. Don't wait - activities fill fast!

### **Senior Wellness Clinic**

The Senior Wellness Clinic focuses on health promotion and disease prevention for adults 55+. Operated by Visiting Nurses Association (VNA), services include foot care, health screenings, and blood pressure checks. Appointments required - call 303-655-2075. Foot care fee is \$25, due at the time of service. Reduced fees available. Foot care is Kaiser covered with pre-approval.

**Clinic hours: 9:00 a.m. - 3:00 p.m.**

**Thursdays: July 2 - 23 & Aug 13 - 27**

**Monday: Aug 10**

**Friday: July 17 and Aug 21**

# Continuous Drop-in Activities

3

## Cards, Cards, Cards!

Meet friends for an afternoon of fun. New players are welcome. Questions? Call the volunteer.

## Hand and Foot

1:15 - 3:30 p.m.  
Mondays  
No cards Aug 3  
Room: Hawk/Heron  
Linda 303-910-4221

## UNO

10:00 - 11:30 a.m.  
Tuesdays  
No cards Aug 4  
Room: Brown

## Pinochle Pals

12:30 - 3:30 p.m.  
Tuesdays  
No cards Aug 4  
Room: Hawk/Heron  
Sandy 303-288-1489  
Chama 720-244-6216

## Cribbage

12:30 - 3:30 p.m.  
Wednesdays  
No cards Aug 5  
Room: Falcon  
Chuck 720-685-3369

## Bridge

12:30 - 3:30 p.m.  
Fridays  
No cards July 3 & Aug 7  
Room: Hawk/Heron  
Judy 303-378-5226

## Pitch

12:30 - 3:30 p.m.  
Fridays  
No cards July 3 & Aug 7  
Room: Falcon  
Shirley 720-685-3369

## Volunteers and friends Mary Martinez and Linda Garrett!



## Bingo

No fee - just fun! Prizes vary from bakery goods to "white elephant" gifts. We play immediately following VOA lunch. Please drop off bingo donations at the front desk. Center closed on Aug 3 & 6.  
12:00 - 12:45 p.m.  
Mondays & Thursdays

## Computers Available

Computers with free internet are available when the Falcon Room is not occupied. See front desk to use the free Wi-Fi.

## Knit & Crochet Drop-in

Drop-in to knit or crochet. No instructors, but friendly help available. Center Closed Aug 6.  
9:00 - 10:30 a.m.  
Thursdays  
25¢ per week  
Copies cost 10¢ per page

## Police Time

Officer Sharon Wazny is here to answer questions about safety or police issues. Center closed Aug 4.  
11:30 a.m. - 12:30 p.m.  
Tuesdays

## Ladies Billiards

Ladies, drop-in for some "women only" billiards. No men please. Center closed Aug 3.  
1:00 - 4:00 p.m.  
Mondays  
25¢ per day

## Wii Bowling

With the TV and Wii, you can "bowl" from a chair or standing. If you can swing your arm, you can Wii bowl in our lobby. Center closed Aug 5.  
10:00 - 11:30 a.m.  
Wednesdays

## Mexican Train Dominos

This is an easy game to learn - it's regular dominos with a fun twist. Center closed Aug 5.  
12:30 - 3:30 p.m.  
Wednesdays

## Scrabble

Play Scrabble with others who love to play. Center closed Aug 5.  
1:00 - 3:30 p.m.  
Wednesdays

## Lending Library

Borrow books from the library for free. Do NOT re-shelve books: our great volunteer librarians do that for us.  
**MOST of our Large Print Books are MISSING. Please return large print books when done; these books are in big demand.**

**Registration  
for July/Aug Happenings  
begins on Tues. June 30**

**Dementia Caregiver  
Support Group**

This group is for family or friends who are caring for someone with Alzheimer's disease or another form of dementia. This is an opportunity for caregivers to share with each other concerns, coping techniques and tips when caring for a loved one. Group is sponsored by the Alzheimer's Association.

6:00 – 7:30 p.m.

Thurs. July 2

Free - Drop-in

**Blood Pressure Screening**

Firefighters from the Brighton Fire Dept. are here to perform free blood pressure checks.

10:30 a.m.

Thurs. July 9

Mon. July 20

**Walk On!**

Walking is a great exercise and so much more fun to do with others. We'll venture outside on the walking paths in our area. Olly Rameriz will lead the group. Wear good walking shoes and bring water to drink along the way. We are leaving at 8 a.m. to beat the heat!

8:00 – 9:00 a.m.

Wednesdays

July 8 - Aug 26

\$4

**Trip Council**

If you are an idea person, if you love trips, and you want to join in the discussion of planning our trips here at EVAC, then this is the group for you. We will only meet 3 times a year, but we will have goodies and get down to the nuts and bolts of trips that will entertain, equip and enrich our lives.

9:00 a.m.

Tues. July 7

Deadline: Mon. July 6

**Bunco**

Bunco is an easy and fun game of dice. We can teach you the game in 5 minutes. Enjoy an afternoon of laughter, refreshments, and prizes.

1:15 – 3:45 p.m.

Thursdays

July 9 & 30

\$4

Deadline: Tuesday before

**Caregivers Support**

Are you taking care of a loved one? Learn helpful caregiver tips, gain valuable insight from other caregivers, and much more. Find out about free or low cost resources to help you. Mary Thatcher from the Senior Hub (303-426-4408) facilitates the group.

10:00 – 11:30 a.m.

Thurs. July 9

Free

Drop-in

**Friday Feast**

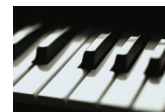
It's the good old summertime and a perfect time for Jeff Waters – Ragtime piano player. Jeff will play some summertime tunes, as well as some patriotic numbers. Come see his fingers fly on the piano! We'll serve sloppy joes, potato salad and dessert courtesy of Inglenook.

12:00 noon

Fri. July 10

\$4

Deadline: Wed. July 8



**VOA Lunch**

Thanks to the generosity of the Senior Advisory Board, you are eligible to be in a monthly drawing to win a \$10 gift card when you come to VOA lunch on Tuesdays or Wednesdays. Bring a friend and put your name in twice! Call Eleanor at 303-655-2271 for details.

**Declutter Your Home**

Whether you are preparing to move, downsizing to a smaller place, or just wanting to get rid of clutter this seminar is for you! Jeanine Plumhoff from Smooth Transitions will provide a humorous presentation that puts a positive focus on what can be an overwhelming task of deciding what to keep, give to children, donate, or throw away. Learn some valuable tips from an expert in helping seniors relocate.

Program is free but please register.

10:00 a.m.

Mon. July 13

Deadline: Thur. July 9



## Medicare Counseling

If you need help with Medicare issues, you can receive one-on-one assistance with our SHIP counselor who is specially trained on Medicare insurance programs. Call Ernie at 303-655-2079 to make an appointment. Adams County residents with general questions about Medicare can also call Centura Health Links directly at 720-321-8850.

12:00 - 3:30 p.m.

Tuesdays

July 14 & 28

## Reducing Medical Expenses

No one likes to pay medical bills, so why pay more than you need to? Peggy Jarrett, RN and Director of Community Outreach for Platte Valley Medical Center, will share practical ways to reduce your out-of-pocket health costs. Don't miss this important talk!

12:00 – 1:00 p.m.

Fri. July 17

Free

Deadline: Wed. July 15

## Bird Watching 101

That's a yellow warbler! There's an American goldfinch! Do you hear a black-capped chickadee? America is going to the birds...literally. Bird watching is the fastest growing hobby in the United States. Learn the basics of birding during this presentation by the Rocky Mountain Bird Observatory.

1:00 p.m.

Mon. July 20

\$3

Deadline: Thur. July 16



## Breakfast Magic

We are whipping up some breakfast magic today. Join us for a great meal of eggs, sausage and all the fixings. Then, by popular demand, we have invited Dick Simon to come and perform his magic show. Believe us when we say, you will have a magical time!

8:30 a.m.

Wed. July 22

\$4

Deadline: Mon. July 20

## Bingo Fun - Offered by the Low Vision Program

Can't get enough bingo? Stay after regular Bingo to learn about low vision services while playing more bingo for cool prizes. Everyone is welcome. This program is to promote awareness about the Senior Low Vision Program and the Eagle View free drop-in support group for seniors 55+ with visual impairments. For questions call Melanie Shotwell at 720-308-7705.



1:00 p.m.

Mon. July 27

Burge/Brown Room

## Cribbage Tournament

Our monthly cribbage tournament includes prize winnings, refreshments, and lots of laughs. No registration, just drop-in and pay fee to the tournament volunteer.

12:30 p.m.

Wed. July 29

\$4

## Enjoy on Your Own in August

### Senior Day at the Fair: Thurs. Aug 6, 10 a.m. - 3 p.m.

All events are free and held at the Adams County Fairgrounds Dome Bldg. Enjoy a free lunch (11:30 a.m. – 1 p.m.), entertainment by the Denver Swing Project (10 a.m.) & the Mile Hi Banjos (11 a.m.). Visit the senior resource booths (ongoing) and play bingo for prizes (1 p.m.) Bird show (1 a.m. & 2 p.m.) and dog stunt show (3 p.m.). Go to [www.adamscountyfair.com](http://www.adamscountyfair.com) for Fair details.

**Rocky Mountain Quilt Fever Shop Hop: Aug 7 - 9.** Normally an annual trip for us but you can carpool and go on your own. Go to <http://rockymountainshophop.com> for the listing of shops.

**Center will be  
CLOSED Aug 3 - 7**

### Massage

Certified massage therapist, Bonita Rose, can provide a full body massage or just work on specific areas. Call 303-655-2075 for an appointment.

9:30 a.m. - 2:30 p.m.

Aug 12

9:15 a.m. - 11:30 a.m.

Aug 19 & 26

Wednesdays

½ hour - \$26 1 hour - \$41

### Laughter Yoga

Michelle Hartlage will show you the benefits of laughter as we breathe, exercise our mouth muscles, and simply crack each other up! Laughter Yoga blends laughter with the philosophy of mind and body connection and yoga breathing. No funny yoga positions – just fun! Open to people of all physical abilities.

10:00 a.m.

Wed. Aug 12

Free

Deadline: Mon. Aug 10

### Financial Planning if You Become Incapacitated

An experienced estate planning attorney will provide a basic understanding of what tools can be used to allow others to take care of your financial matters if you become incapacitated - for a short term or for a long period of time.

1:30 p.m.

Wed. Aug 12

Deadline: Mon. Aug 10

### Friday Feast

You are sure to recognize the name Dusty Saunders – writer and columnist at the Rocky Mountain News for 54 years. Come hear about his years of covering news and celebrities. Enjoy sausage sandwiches, salad, and Brookdale dessert.

12:00 p.m.

Fri. Aug 14

\$4

Deadline: Wed. Aug 12

### Movie: Saving Mr. Banks

Author P. L. Travers is reluctant to sign over the film rights to her novel, *Mary Poppins*. Filmmaker Walt Disney is very persuasive about making it a movie. Stars Tom Hanks and Emma Thompson. Free but, sign up so we have enough popcorn!

12:30 p.m.

Wed. Aug 19

Deadline: Tues. Aug 18

### The Tasty Way to Lower Your Numbers

Has the doctor told you to reduce your high blood pressure and/or cholesterol? Wellness Dietitian Jenna Allen from PVMC will show you how to reduce blood pressure and cholesterol the easy and tasty way – with everyday nutrition choices. Class limited to 12 people so register early.

12:00 noon

Fri. Aug 21

Free

Deadline: Wed. Aug 19  
Conference Room

### Healthy Tips

Betty Stephenson shares the most recent research about nutrition and healthy eating. Stay for lunch afterwards.

11:00 a.m.

Thur. Aug 20

### Low Vision Group

The Low Vision Group is a free drop-in program for seniors 55+ with visual impairments.

Receive valuable information and emotional support while meeting others who also cope with vision issues. Questions, call Melanie at 720-308-7705.

1:00 – 2:00 p.m.

Mon. Aug 24

**See back page for  
Line Dance Workshop!**

**Descriptions for these  
are found on Pages 4 & 5**

### Medicare Counseling

Tues. Aug 11 & 25

12:00 - 3:30 p.m.

### NO Dementia Caregiver

**CLOSED** Thurs. Aug 6

### Caregivers Support

Thurs. Aug 13 10:00 a.m.

### Blood Pressure Screening

Mon. Aug 10 & Thurs Aug 27

10:30 - 11:30 a.m.

### Bunco

Thurs. Aug 13 & 27 1:15 p.m.

### Cribbage Tournament

Wed. Aug 26 12:30 p.m.

**Registration for Trips  
begins on Wed. July 1  
See Page 2 for details.**

## Fish Shadow Mountain

Early morning, beautiful scenery, and a fishing pole ... what could be better? Fish for brook, brown and cutthroat trout at Shadow Mountain Reservoir near Granby. Pack your lunch and plan on ice cream on the way home. Don't forget your fishing license.

6:00 a.m.

Thurs. July 2

\$6 (plus snack \$5)

Deadline: Wed. July 1



## Bowling for Fun – Coal Creek

We are traveling back to a favorite spot for a fun day of bowling. Coal Creek Lanes are eager to welcome back our fun-loving bowlers. If you like to bowl but do not have time for a league, then this is the trip for you! Two hours of "just for fun" bowling with the group. Shoe rental is included. After bowling we will venture over to Firehouse Subs for lunch.

9:45 a.m.

Thurs. July 9

\$13 (plus meal \$10+)

Deadline: Tues. July 7

## Cirque Du Soleil - *Kurios* *By Request*

Cirque du Soleil is a dramatic mix of circus arts and music centered around a storyline. The acrobatics will astound you! *Kurios* takes you into the curio cabinet of an ambitious inventor who defies the laws of time, space and dimension in order to reinvent everything around him. Suddenly, the visible becomes invisible, perspectives are transformed, and the world is literally turned upside down in a place that's as beautiful as it is mysterious. This event is in the tented arena at the Pepsi Center in Denver. No meal.

2:30 p.m.

Fri. July 10

\$68

Deadline: Thurs. July 2

## Johnny Z's Gambling

Let us do the driving and try your luck at Johnny Z's in Central City. Bring your players card for a \$10 food credit, \$5 free play (loaded on players card – must have a pin number) and a candy bar upon your departure. Gambling trips are filling fast - you may not get a seat on the bus if you do not register early. We leave from Central City at 4:00 p.m.

8:45 a.m.

Tues. July 14

\$15

Deadline: Thurs. July 9  
by noon

## Mint & The Money Museum

*By Request*

Show me the money! Join us for a day of currency, coin and all that it entails. Your day will begin with a tour of the Denver Mint, followed by lunch, and then a tour of the Federal Reserve Money Museum. Note: You must bring a photo ID for the Mint tour and you cannot carry anything into the building (purses, cameras, etc.). Lunch on your own at your favorite place on the 16th Street Mall. Trip involves a lot of walking.

9:30 a.m.

Thurs. July 16

\$6 (plus meal \$15+)

Deadline: Thurs. July 9



## Dragon Boat Festival

Dragon Boat Racing is an ancient Chinese sport that's catching on across the US. The Colorado Dragon Boat Festival, on Sloan's Lake in Denver, features three main attractions: the thrilling ancient sport of Dragon Boat Racing, the colorful fun and flavorful Marketplace, and Taste of Asia Food Court, as well as various performing arts areas. Enjoy the day's races, entertainment, and yummy food from the vendors on site.

11:00 a.m.

Sun. July 19

\$6 (plus meal \$15+)

Deadline: Fri. July 10

**Frontier Days*****By Request***

Since 1897, Cheyenne has celebrated its Old West roots with this eye-popping festival. Price includes ticket to see the largest outdoor rodeo, trick riding, and a wild-horse race. If rodeos are not for you, there is still so much to see: a Native American Village, an old frontier town, dance demonstrations, a chuck wagon cook-off, and an art show. This is an all day trip with lots of walking.

8:00 a.m.

Wed. July 22

\$19 (plus meal \$10+)

Deadline: Fri. July 10

**Horse Racing**

Join us at Arapahoe Park Horse Racing in Aurora. Bet on the horses or just have some fun watching them run. Your package includes gate admission, race program, air conditioned clubhouse seating, and a betting seminar. Box lunch with choice of sandwich (roast beef, ham, turkey, or turkey club), chips, dessert and beverage is included in the price. We will be calling you for sandwich choice after registration.

11:30 a.m.

Fri. July 24

\$35

Deadline: Thurs. July 9  
by noon

**Evergreen Jazz Festival**

Join us as we visit the 14th annual Evergreen Jazz Festival. Touted by a national columnist as "the best jazz festival anywhere!" Five distinctive, intimate venues ranging from a church to a bar & grill give audiences a delightful variety of up-close-and-personal listening experiences. No big crowds. No big stages. No big sound systems. Just a big jazz experience you're sure to enjoy. This is an all day trip and price includes admission to all the music venues. Free shuttles buses between stages.

8:15 a.m.

Sat. July 25

\$59 (plus meal \$15+)

Deadline: Thurs. July 9

**Rockies vs. Cincinnati**

Rockies play the Reds at Coors Field in Denver. We have main level seating on third base side with easy access. Arrive early to have time to purchase food/souvenirs. You can bring your own food if you desire. Two handicapped seats available.

11:30 a.m.

Sun. July 26

\$16 (plus food \$)

Deadline: Tues. July 7  
by noon

**Capitol Tour*****By Request***

Spend your morning at the Capitol followed by a delightful lunch at Fire on the Mountain. Your tour will include a historical look at the Capitol, a tour of the Attic, and a tour of the Dome. There will be a lot of walking on this tour so wear your comfy shoes!

9:45 a.m.

Wed. July 29

\$6 (plus meal \$9+)

Deadline: Fri. July 17

**Hike Blue Lake**

Join us on this fabulous moderate hike in which you can encounter two lakes, both Mitchell and Blue in the Brainard Lake Recreational Area. The hike is 5.3 miles or less depending on how far you want to go. There is abundant wildlife and flowers that offer great photo opportunities. The view of the Continental Divide is magnificent. Bring your lunch and plenty of water.

8:00 a.m.

Fri. July 31

\$5 (plus snack \$5 +)

Deadline: Tues. July 28





**Registration for ALL Trips  
begins on Wednesday, July 1  
See Page 2 for details.**

## A Day in Vail

Let us do the driving for a delightful day in the mountain city of Vail. Enjoy the sites, shop the local stores, visit the Farmer's Market & Art Show, or ride the gondola to the top of the slopes. Pack a lunch or pick a restaurant of your choice.

9:00 a.m.

Sun. Aug 2

\$5 (plus meal \$15+)

Deadline: Fri. July 24



## Fishing Georgetown Lake

Join us for a great day of fishing at Georgetown Lake. Anglers fish for brook, brown and cutthroat trout. Whether you are a serious sportsman or just want to relax surrounded by beauty you won't want to miss this trip. Pack your lunch and plan on ice cream on the way home. Don't forget your fishing license.

6:00 a.m.

Mon. Aug 10

\$6 (plus snack \$5)

Deadline: Wed. July 29

## Bull Durham Gambling

Let us do the driving and try your luck at the Bull Durham in Black Hawk. Receive \$5 cash, a hot dog, and a sweet treat. Bring your players card because 100 base points will receive an additional \$5.

Gambling trips are filling fast - you may not get a seat on the bus if you do not register early. Departure time from Black Hawk is 4:00 p.m.

8:45 a.m.

Tues. Aug 11

\$15

Deadline: Thurs. July 30  
by noon

## Chitty Chitty Bang Bang

Take a fantastic musical adventure at the Candlelight Dinner Playhouse in Johnstown with an out-of-this-world car that flies through the air and sails the seas.

Based on the beloved 1968 film, and featuring a lively score by the Sherman Brothers, *Chitty Chitty Bang Bang* is a family-friendly blockbuster that you will find "truly scrumptious!"

Fee includes meal, non-alcoholic beverage, meal tip, tax, and show.

5:00 p.m.

Thur. Aug 13

\$59

Deadline: Fri. Jul 24

## Terry Bison Ranch



Let us  
take you

to the Terry Bison Ranch Resort near the Colorado/Wyoming border. Enjoy a delightful breakfast buffet and then climb aboard their private train and ride to the middle of the bison herd. See the West the way the pioneers did when they went through this area in covered wagons.

6:30 a.m.

Fri. Aug 14

\$27

Deadline: Thur. July 23

## Hike Staunton State Park

We're off for a gorgeous day of hiking in one of Colorado's newest state parks. Staunton opened in 2013 and has a variety of trails. There is something for everyone. Stop and smell the roses or move it along with a longer more vigorous hike. Pack your lunch and plenty of water. Ice cream on the way home!

8:00 a.m.

Mon. Aug 17

\$5 (plus snack \$5)

Deadline: Mon. Aug 10

**Eagle View will be closed  
August 3 - 7 so make your  
reservations early!**

**The CELL**

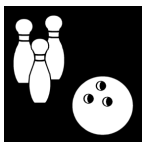
Concerned about the terrorism that is going on around the world today? Join us for an educational visit to the CELL in Denver. The Counterterrorism Education Learning Lab's (CELL) exhibit is a dynamic, interactive experience that is a great tour on the prevention of terrorism. Lunch on the way home (TBA).

9:30 a.m.

Wed. Aug 19

\$10 (plus meal \$10+)

Deadline: Fri. July 31

**Bowling for Fun  
Centennial  
Lanes**


Centennial Lanes in Longmont is eager to welcome back our fun-loving bowlers. If you like to bowl but have no time for a league, then this trip is for you! Two hours of "just for fun" bowling with the group. Shoe rental is included. After bowling, by request, we will go back to Firestone's The Smokehouse for lunch.

9:00 a.m.

Thurs. Aug 20

\$13 (plus meal \$15+)

Deadline: Thurs. Aug 13

**REMEMBER:** You need to arrive **15 minutes BEFORE** the published leave time for all trips. This gives us time to get everyone checked in, load the van, and leave on time.

**Sunset in the Garden  
*Rescheduled***

Tours wind through the Garden of the Gods every day, but only Prairie Dog offers this one-of-a-kind sunset tour. This energetic, witty, real-life character will walk you through history, show you the sights, and slow you down to enjoy a beautiful Colorado sunset. On the way we will stop for an early dinner.

2:00 p.m.

Fri. Aug 21

\$27 (plus meal 15+)

Deadline: Thurs. July 30

**Rockies vs. Mets**

The Rockies play the New York Mets at Coors Field in Denver. We have main level seating on third base side with easy access. We arrive early for close-in parking and to purchase food/souvenirs. Food available for purchase or bring your own. Two handicapped seats available.

11:30 a.m.

Sun. Aug 23

\$16 (plus food \$)

Deadline: Thurs. July 30

**Broadmoor and the Bee**

We are going to the beautiful Broadmoor Hotel in Colorado Springs where you will be treated to a history tour led by Jamie Singer (Donna's daughter) who is a concierge for the hotel. Lunch before at a 19th century English Pub - The Golden Bee. Trip is limited to 20 people.

9:30 a.m.

Tues. Aug 25

\$4 (plus meal \$15+)

Deadline: Tues. Aug 11

**The Yarn Crawl*****By Request***

All you yarn lovers – it is time for the Yarn Crawl. Let us do the driving as we stop at 6 of the 10 yarn stores participating in this year's crawl. You will start your shopping in Fort Collins, enjoy lunch at the Chocolate Cafe and then head up the hill to Estes Park.

9:00 a.m.

Wed. Aug 26

\$5 (plus meal \$10+)

Deadline: Wed. Aug 19



**You meet the nicest people  
on our trips!**

**Registration for  
ALL CLASSES  
begins Tues. June 30.  
Eagle View Closed July 3  
and Aug 3 - 7**

### AARP Smart Driver

This AARP driving refresher course reviews safe driving practices and the rules of the road. Get a discount off your auto insurance from most companies for taking the class.

Tues. Aug 18

1:00 - 5:30 p.m.

\$15 - AARP member

\$20 - Non-member

Deadline: Fri. Aug 14

### Craft Time

Get away from the summer heat and work on a craft of your choosing. We provide time and space for you to enjoy any dry craft hobby. No instructors. Register any time and pay the one-time fee. Closed Aug 3.

10:00 - 11:00 a.m.

Mondays

July 6 - Aug 31

\$4

### Exercise

Lois Burrell leads this "stretch & get moving" exercise class for people of all fitness levels. Exercises are done standing or seated. Closed Aug 3 - 7. Class by video week of Aug 10 - 14.

10:00 - 11:00 a.m.

Mon/Wed/Fri

July 1 - August 31

\$1 daily fee

### Fit Ball Class

Summer fun means more physical activity. Fitballs are a great, safe way for seniors to improve balance, flexibility and core strength. Instructor Tanice Kitchener is a physical therapist from PVMC. All fitness levels welcome. No class July 16 or Aug 6.

10:30 - 11:30 a.m.

Thursdays

Session I: July 2 - 30

\$20 (4 wks)

Deadline: Wed. July 1

Session II: Aug 13 - 27

\$15 (3 wks)

Deadline: Wed. Aug 12

### Line Dance - Beginning

This class is for those who are new to line dancing.

Instructor Judy Yamakishi will teach you basic dance steps. No classes in August.

8:30 - 9:25 a.m.

Fridays

July 10 - 31

\$20 (4 wks)

Deadline: Thurs. July 9

### Line Dance - Level 2

No partners needed to enjoy this fun form of country dancing. Some experience in line dancing is necessary. No classes in August.

9:30 - 10:30 a.m.

Fridays

July 10 - 31

\$20 (4 wks)

Deadline: Thurs. July 9

### Oil Painting Drop-in

Summer is here so oil painting is a morning drop-in session to work on the project of your choice. No instructors and no registration - just drop in and pay the daily fee of \$.25 per day. Limited to 16.

8:30 a.m. - 12:00 noon

Tuesdays

July 7 - Aug 25

25¢ per week

### Quilting - Beginning

We are making fun and useful quilted bags - big enough to carry your quilting supplies. Supply list and patterns will be available the first day of class. Bring a sewing machine to class after the first day. If you have never quilted before, please talk to instructor, Teri Hendrickson. Closed Aug 7.

1:00 - 3:00 p.m.

Fridays

July 10 - Aug 28 (7 wks)

\$15

Deadline: Wed. July 8

### Quilting - Intermediate

Join us in exploring the many possibilities in making landscape quilts. These are usually wall hangings that are not too large. Choose from several different types of patterns for landscapes at various difficulty levels. At registration you will receive instructions for beginning the landscape quilt process.

Instructors, Shari Coren & Cheryl Stoddard. Closed Aug 6.

1:00 - 3:00 p.m.

Thursdays

July 9 - Aug 27 (7 weeks)

\$15

Deadline: Tues. July 7

**See Back Page for Line Dance Workshop  
and Folded Book Art Class**

### Sewing and Quilting Basics II

This class is a continuation of Sewing and Quilting Basics for the people who took the class in May/June. If you have some basic experience with sewing and/or quilting, you may take this class with instructor approval. We will review the content from the first class and apply it as well as new skills to make a throw-size quilt. At sign-up you will receive a supply list, so you can have your fabrics ready for the first class. Instructor, Teri Hendrickson. Closed Aug 5.

1:00 - 3:00 p.m.

Wednesdays

July 8 - Aug 26 (7 wks)

\$15

Deadline: Tues. July 7

### Tatting

Tatting creates a durable lace by handcrafting a series of knots and loops. Instructor Charlotte Jacobucci will teach you this craft. Closed Aug 3.

9:15 - 9:45 a.m.

Mondays

July 6 - Aug

31

\$4



### Wood Carving

Learn to carve wood or work on an existing project with other carvers. Get great ideas and techniques from experienced carvers. Call Tony Dill 303-775-2256 to arrange free beginning instruction. This

program is drop-in so you pay only for days you attend.

Center closed Aug 4.

8:00 -10:00 a.m.

Tuesdays

July 7 - Aug 25

25¢ per week

Join anytime

### Writing What You Know – An Adventure in Memoir Writing

Join us to write your wonderful stories to pass on to posterity. You will write your stories in your voice with your words and your grammar. We will read samples of published memoirs, explore various techniques designed to make your writing interesting, and share your stories with sympathetic listeners. New participants are encouraged to join us. Bring writing supplies. Shari Coren, Instructor. Closed Aug 5.

9:30 -11:00 a.m.

Wednesdays

July 8 - Aug 26

\$12

Deadline: Until July 15

### Yoga – All Levels

This class is designed for beginning and continuing yoga students. Some yoga experience is necessary. Class will be modified by instructor Carolyn Priola to accommodate various levels. Closed Aug 6.

12:30 -1:30 p.m.

Thursdays

Room: Hawk/Huron

Session I: July 9 - 30

Deadline: Wed. July 8

\$20 (4 wks)

Session II: Aug 13 - 27

Deadline: Wed. Aug 12

\$15 (3 wks)

### Yoga – Beginning

Are you curious about yoga but worried about taking a class? This basic class will focus on relaxation and breathing, as well as increased range of motion and flexibility. Closed Aug. 4.

10:15 – 11:15 a.m.

Tuesdays

Session I: July 7 - 28

\$20 (4 wks)

Deadline: Mon. July 6

Session II: Aug 11 - 25

\$15 (3 wks)

Deadline: Mon. Aug 8

### Yoga - Continuing

Improve your health and flexibility with this continuing yoga class for students who have been in yoga class before. Instructor Carolyn Priola will focus on gentle yoga to increase flexibility, improve range of motion and reduce stress. Participants should be comfortable getting on the floor. Closed Aug 4.

9:00 – 10:00 a.m.

Tuesdays

Session I: July 7 - 28

\$20 (4 wks)

Deadline: Mon. July 6

Session II: Aug 11 - 25

\$15 (3 wks)

Deadline: Mon. Aug 10



## Senior Advisory Board

The purpose of the Advisory Board is to advise and assist in the needs and operations of Eagle View. The Board will meet Tues. July 21 at 1:00 p.m. No meeting in Aug. Members are: Chuck Phelps, Fran King, Dave Thomas, Peggy Jarrett, Dan Buckner, Lois Burrell, Jane Talbot, Bill Alsdorf, Dave Jacovetta, Heidi Storz, Judy Schissler, and Richard Villalva. JW Edwards is the City Council representative. Visitors are always welcome.

## Friends Program Fund

The Senior Advisory Board has established a scholarship fund. The Friends Program Fund provides financial assistance to older adults with limited financial resources to participate in programs sponsored by Eagle View Adult Center. The simple application form is available at the front desk. Application must be approved PRIOR to registering for the event. Donations to the fund are appreciated.

## Charitable Contributions

Together we can continue to enhance the great programs and services offered for seniors and active adults in the Brighton area. Your financial support will be recognized on the donor wall at Eagle View. All donations are tax deductible. Make donations payable to: Brighton United Senior Citizens, 1150 Prairie Center Parkway, Brighton, CO 80601.

Donor Opportunities for Wall Recognition:

Friend: \$100 - \$499

Memorial: \$100+

Sponsor: \$500 - \$999

Benefactor: \$1000+

## Recycle Aluminum Cans

Bring your aluminum cans to be recycled to the brown bins located just inside the community gardens. Proceeds benefit Eagle View. Thanks to the City of Brighton Parks Department for their assistance with this fundraising project.

## Trip and Activity Policies

- Anyone 55 years of age or older is given priority to participate in all center activities and programs.
- If adults age 40 - 54 want to attend a class, trip, or a space-limited event they will be added to a wait list. Inquire at the EVAC front desk.
- Payment is due at registration. Cash and checks only. Keep your receipt.
- The Center reserves the right to cancel any activity if minimum registration is not met.

### Refund Policy for Cancellations:

#### If the CENTER cancels the activity/trip:

Full refunds will be given.

#### If YOU cancel BEFORE the deadline date:

Refund of cost, minus a \$4 cancellation fee.

If activity charge is \$4 or less, NO refund is given.

**Allow one week to process refunds.**

#### If YOU cancel AFTER the deadline date:

NO REFUND IS GIVEN unless we can sell your spot. If you are unable to go on a ticketed trip, **DO NOT** sell or give your space to someone else before checking with Eagle View to see if there is a waiting list. If there is NO wait list, you may give away or sell your trip space after telling the Center **BEFORE** the trip - one day notice preferred.

## Outreach & Referral

Do you need help and don't know where to turn?

Ernie Marquez will assist you with completing forms, help you find needed services, and make home visits to assist homebound people! **Call 303-655-2079 for an appointment. NO appointments after 3:00 p.m.**

## Transportation

**VIA** provides specialized transportation within the City of Brighton. VIA can take you to medical appointments, grocery shopping and Eagle View, to name just a few of the places you can go in Brighton. Call 303-447-2848 x1014 for more information; to schedule rides, call 303-447-9636.

**Call-n-Ride** - The green bus is an RTD service.

Call 303-994-3549 to make a reservation. The driver will pick up and deliver you anywhere within Brighton, Mon - Fri, 6:00 a.m. - 7:00 p.m. Cost is the local RTD bus fare.

## Don't Miss This

### Folded Book Art

Have you ever seen books with the pages folded into the shape of words and wondered how the heck it's done? Ellie Davis will introduce you to the art of folding books. In this class, you will work on a pre-marked classic book folding the words Love, Read, or Joy. See example in front desk display case. Cost includes instruction and a specially-ordered book. After the first day you can choose to finish your book at home – or work on it with the instructor on the 2 “optional” dates. Choose the word you want to fold at registration.

12:30 – 2:00 p.m.

Tues. Aug 11    Optional Aug 18 & 25

\$15

Deadline: Friday, July 24

### Step n' Kick Line Dance Workshop

Judy Yamakishi and Rosalie Hanley will lead a fun line dance workshop for beginners and intermediate dancers. Price includes instruction, catered lunch, and door prizes!

Space limited so sign up early!

9:00 a.m. – 2:30 p.m.

Sat. Aug 15

\$30

Deadline: Tues. Aug 11

### Class Showcase

Did you know that Eagle View offers over 25 different classes throughout the year?

Have you always wondered what Japanese Bunka looks like? Want to know the difference between Adaptive Yoga and Beginning Yoga? What about Mindfulness... what is that?

Join us and our many instructors for a two-hour open house, class demonstrations, giveaways, and just plain fun. See for yourself what you can learn at Eagle View.

Friday, Aug 28

9:00 – 11:00 a.m.

### Class Vacation Time

The following classes will NOT meet in July and August.

Adaptive Yoga \*\* Ceramics \*\* Genealogy\*\*  
Greeting Cards \*\* History Class \*\* I-Devices\*\*  
Japanese Bunka \*\* Line Dance (Aug only)\*\*  
Mindfulness \*\* Nordic Walking\*\*  
Oil Painting \*\* Readers Theatre

